

# BRYAN BUILDING SAFETY NOTES

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## Tips for Staying Healthy During Flu and Cold Season

Cold viruses are present year-round but the incidence of colds rise sharply in early fall, shortly after school begins. The flu typically arrives later, in November, with the peak season from late December through early March.

There are many different cold and influenza viruses. These viruses typically are spread by sneezing, coughing or touching a contaminated surface. For example, a person with cold touches his nose and then touches a doorknob. Fortunately, there are several things you can do to lessen your chances of getting sick by doing the following:

- **Wash your hands frequently.** Since your hands are the most common vehicle for carrying germs into your body, you should scrub vigorously with soap and water for 10-15 seconds to keep them as germ-free as possible. Wash after using the bathroom, before handling food, before eating, and any other time you think you might have picked up germs.
- **Avoid touching your nose, eyes and mouth.** You can't keep all the germs off your hands all the time. So, keep your hands away from germs' most common entryway into the body.
- **Cover your nose and mouth when coughing or sneezing.** Don't spread your germs to others.

- **Use disposable tissue.** And wipe your nose in a way that keeps secretions on the tissue and doesn't contaminate your hands.
- **Get a yearly flu vaccine.** This is especially important for people with asthma and other respiratory diseases.



# Tricks, Treats, Costumes & Safety

## Red Cross Halloween Safety Tips for Kids and Adults

With witches, goblins, and super-heroes descending on neighborhoods across America, the American Red Cross offers parents some safety tips to help prepare their children for a safe and enjoyable trick-or-treat holiday. Halloween should be filled with surprise and enjoyment, and following some common sense practices can keep events safer and more fun.

- Walk, slither, and sneak on sidewalks, not in the street.
- Look both ways before crossing the street to check for cars, trucks, and low-flying brooms.
- Cross the street only at corners.
- Don't hide or cross the street between parked cars.
- Wear light-colored or reflective-type clothing so you are more visible. (And remember to put reflective tape on bikes, skateboards, and brooms, too!)
- Plan your route and share it with your family. If possible, have an adult go with you.
- Carry a flashlight to light your way.
- Keep away from open fires and candles. (Costumes can be extremely flammable.)
- Visit homes that have the porch light on.
- Accept your treats at the door and never go into a stranger's house.
- Use face paint rather than masks or things that will cover your eyes.
- Be cautious of animals and strangers.



## Getting Ready for Winter

1. Be careful driving. As the days get shorter and the weather gets greyer, people, bicycles motorcycles, and other cars can be harder to see. Drive carefully!
2. Be careful walking and riding. On the flip side, if you are the pedestrian or bicycle rider instead of the driver, know that the change in weather and shortening of the days can make you harder to see by vehicles that are bigger than you (cars, trucks, semis). Be as visible and careful as possible when you are on the road.
3. Heating in general can be dangerous--make sure your furnace is in good working order, make sure space heaters are away from anything combustible, and ensure that your fireplace is safe as well (the chimney is clean, a guard is in place to keep sparks in the fireplace and not on your furniture, etc).
4. Be careful on ladders. Falls are a huge cause of accidental death and injury in our country and the fall season is when people are most likely to use ladders (cleaning gutters, fixing leaky roofs, hanging holiday decorations, etc) so be careful using that ladder!
5. Keep walkways and driveways clear. As the leaves start to fall, they can make a slippery mess on your driveway and other walkways. Likewise, prepare now for the below freezing days on the horizon--keep salt or sand at the ready to control icy patches where you and the family will be walking.
6. Have everyone in the family keep their awareness levels up. The start of school makes people excited and aware of what's going on, however once everyone settles back in the groove, awareness levels tend to drop. No one should let their guard down no matter how routine the day seems.
7. Prepare now for Christmas. This is more of a financial safety tip as buying loads of gifts at the last minute can either bankrupt you or give you some huge credit card bills after the first of the year. A better idea is to pay cash for gifts and spread the purchases out over the next few months.
8. Winterize your car now. Everything from changing to a heavier weight oil to flushing the radiator, restocking your car's emergency bag, checking the air in the spare tire, and making sure the windshield scraper is where you left it at the end of last winter will ensure a safe and prepared drive whether you are going across town or across the country.

Keep up the daily exercise regimen. Daily exercise will pay off in a number of ways: it lessens the number of falls that people experience as they age, it will allow you to easily shovel snow without needing a chiropractor afterwards, and you will be able to haul firewood and hike through the mountains while hunting with ease.

## Winter Driving Tips

### SAFE DRIVING:

- Only travel in winter weather when necessary, leave enough time to safely reach your destination and plan your route to avoid snowy/icy areas and steep hills
- Before leaving home, check weather and road conditions by dialing 511 within Nevada (or 1-877-NV-ROADS outside of Nevada)
- Share your travel itinerary so others know when to expect you
- Remove snow and ice from all vehicle windows, mirrors, lights, turn signals and license plates
- Buckle up
- Turn on headlights to see and be seen
- Turn off cruise control
- Avoid quick starts, stops and fast turns. Accelerate, brake and steer smoothly and gradually
- Reduce speed. Speed limits are based on normal road and weather conditions, not winter road conditions
- Do not slam on brakes. Apply steady pressure on ABS-equipped vehicles and pump the brakes if necessary on non-ABS vehicles
- Always comply with all posted chain requirements
- Keep additional distance from other vehicles
- Watch carefully for snow removal equipment
- Do not pass without good distance and sight clearance
- Use extra caution on bridges, ramps, overpasses and shaded areas- they may freeze first
- Maintain a high fuel level
- If vehicle begins to skid, steer in direction of slide and slowly remove foot from accelerator
- Be aware of black ice
- If parked or stuck in snow, leave window slightly cracked for ventilation and make sure vehicle exhaust system is clear of snow
- Always carry tire chains, especially when traveling in mountain passes or typically snowy areas
- Remember – 4-wheel-drive vehicles cannot necessarily turn or stop any better than 2-wheel-drive vehicles



### CARRY WITH YOU:

- Tire chains / tow strap
- Flashlight
- Spare batteries
- Ice scraper
- Cell phone for emergency communication
- Snow shovel
- Flares
- Jumper cables
- Small bag of sand for wheel traction
- Extra winter clothes / coat / gloves / socks
- Blanket or sleeping bag
- Non-perishable foods / water
- First aid supplies / prescription medication
- Battery-operated radio
- Candles / matches or lighter
- State map for navigation in event of winter detour

### SNOWPLOW SAFETY:

- Use caution when following, passing or approaching snow removal equipment
- Drive a safe distance behind snowplows. Plows often travel slower than other vehicles to remove snow, apply sand and liquid anti-icers and assist stranded vehicles
- Before attempting to pass snow removal equipment, check direction of snow discharge to avoid snow and debris thrown from equipment. Remember that plows are wider than most vehicles and portions of the plow and blade may be obscured by blowing snow
- Don't crowd the plow. Only pass snow removal vehicles when a safe, legal passing area is available and adequately clear of snow and/or treated with salt and sand
- Don't travel beside a snowplow. They can shift sideways after hitting snow packs or drifts

See **Winter Driving Tips** Page 4



### Winter Driving Tips *from Page 3*

- When a plow approaches you, allow the plow room to operate by reducing speed and moving to the right side of the road if there is room to safely do so
- Do not brake with unnecessary sudden movements when in front of a snowplow - plows cannot stop as quickly as an automobile
- Don't drive through white out conditions caused by swirling snow around a snowplow. Safely pull to the side or slow to allow visibility to improve
- Remember that a snowplow operator's field of vision is restricted. You may see them, but they may not see you

### Thanksgiving Safety



With fire-wise common sense, you can make sure tragedy does not come between you and the festive holiday you have planned. Follow these fire prevention tips

to help you and your family have a safe and happy Thanksgiving.

- ◆ Keep your family and overnight guests safe with a working smoke detector on every level of the house, in every bedroom, and in the halls adjacent to the bedrooms. Test smoke detectors monthly and replace batteries at least twice a year.
- ◆ Overnight guests should be instructed on the fire escape plan and designated meeting place for your home.
- ◆ Have a fire extinguisher available not more than 10 feet from the stove, on the exit side of the room.
- ◆ A 2-1/2 lb. class ABC multi-purpose dry chemical extinguisher is recommended. Know how to use your fire extinguisher.
- ◆ Start holiday cooking with a clean stove and oven.
- ◆ Keep the kitchen off-limits to young children and adults that are not helping with food preparations to lessen the possibility of kitchen mishaps.



## DISCOVERY

### Cold and flu

Following simple precautions (like washing your hands often, disinfecting work surfaces, avoiding touching your nose, mouth and eyes and staying away from people who have a cold or flu) can help prevent you from getting ill.

**FLU** usually strikes suddenly (within three to six hours). Once contracted, a person could suffer from headaches, body aches, dry cough and fevers of 100 degrees or more. Symptoms also include: chills, sweating, sore throat, runny nose and a sensitivity to light.

**COLDS** are highly contagious viruses that are less severe than flu. Adults get an average of two to four colds per year that may last for about one week. Common symptoms include: congestion, scratchy throat, cough, runny nose and weakened senses of taste and smell.



Source: [www.familydoctor.org](http://www.familydoctor.org)

Copley News Service/Bob Kast

- ◆ When cooking, do not wear clothing with loose sleeves or dangling jewelry. The clothing can catch on fire and the jewelry can catch on pot handles, causing spills and burns.
- ◆ Cook on the back burners when possible and turn pot handles in so they don't extend over the edge of the stove.
- ◆ Never leave cooking unattended. If you must leave the kitchen while cooking, turn off the stove or have someone else watch what is being cooked.
- ◆ Keep Thanksgiving decorations and kitchen clutter away from sources of direct heat.
- ◆ Candles are often part of holiday decorations. Candles should never be left burning when you are away from home, or after going to bed. Candles should be located where children will not be tempted to play with them, and where guests will not accidentally brush against them. The candle holder should be completely noncombustible and difficult to knock over. The candle should not have combustible decorations around it.

